



Serves: 4

Chilled Papaya Smoothie

Ingredients

- Low-fat milk 1 ¼ cups
- Papaya, ripe 200g
- Raspberries 40g
- Lime, keep skin for zest 2
- Mint leaves 2.5g
- Honey, optional, to taste 8 tsp

Tips:

- Use measuring spoons and cups to determine the right amount of oil and seasoning for cooking.
- Instead of sugar, use fresh or dried fruits, fresh/canned fruit juice or fruit sauces. They're a healthier way to sweeten your desserts.
- Fruits and vegetables are low in sodium and high in potassium. They help maintain a healthy blood pressure.

Method

- In a food blender, process all ingredients into a fine puree.
- Refrigerate for 2 hours or overnight.
- Garnish with lime zest before serving.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 115kcal
Protein 3.7g
Total fat (g and % of total calories) 2.1g (16.1%)
Saturated fat 1.3g
Cholesterol 8mg
Carbohydrate 21.0g
Dietary Fibre 1.6g
Sodium 45mg